

# FOOD & FAMILY



**HATE THE MESS** of baking an apple pie? Cheer up, here's one that will never boil over. The trick is in adding a cinnamon syrup after the pie is baked.

## END APPLE BOIL-OVERS WITH A NEW RECIPE TRICK

The problem is licked. Here is a sure fire way to make an apple pie that will never boil over. Good news for anyone who has ever been stuck with the job of cleaning an apple-pie burn from the oven.

The trick is this. Fill the pie crust with sliced apples and bake it dry. Then when it is cooked, pour a cinnamon syrup through the top crust. It will penetrate the cooked apples and give a delightful juiciness and flavor to the pie.

### Never-Boil-Over Apple Pie

1-2-3 pastry for 2-crust pie  
6 medium apples  
Cinnamon Syrup  
Divide pastry dough in half; use the larger part for bottom pastry. Flatten slightly and immediately roll out between two pieces of waxed paper. Wipe table with damp cloth to prevent paper from slipping. Peel off top paper, place pastry in 9-inch pie pan paper-side up. Peel off paper and fit loosely into pan.

Pare, core and slice apples; arrange in pastry-lined pan. Roll out top crust in similar manner as for bottom crust. Cut circle from center large enough to in-

sert end of funnel, and cut slits to allow steam to escape.

Place pastry over apples; seal and flute edge as desired. Bake in 400 degree (hot) oven until crust is well browned and apples are tender. Meanwhile prepare syrup, timing it to be finished about the same time as the pie. (15 minutes should be adequate). Remove pie from oven and immediately insert funnel into center of pie. Pour Cinnamon Syrup into funnel about 1/3 at a time, tilting pie after each addition to allow syrup to spread evenly.

### Cinnamon Syrup

3 tablespoons corn oil margarine  
1 tablespoon corn starch  
2 tablespoons sugar  
1 teaspoon cinnamon  
1/4 teaspoon salt  
1/2 cup light or dark corn syrup  
Melt margarine in small saucepan. Blend in corn starch, then sugar, cinnamon and salt. Mix in corn syrup. Stirring constantly, bring to a boil and boil 5 minutes.

### 1-2-3 Pastry

2 cups sifted flour  
1 teaspoon salt  
1/2 cup corn oil  
3 tablespoons cold water  
Mix flour and salt. Blend oil in thoroughly with fork. Sprinkle water over mixture; mix well. Press dough firmly into ball with hands. If too dry, mix in 1 to 2 tablespoons more oil.

as soon as dessert is frozen.

### APRICOT WHIP

1 cup dried apricots  
1 cup warm water  
1/2 cup sugar  
2/3 cup evaporated milk (small can)  
2 Tbsp. lemon juice  
Wash apricots and add warm water. Let soak for an hour or longer. Cook gently until fruit is tender. Press through a course sieve. (There should be 1 cup sifted fruit). Stir sugar into hot fruit. Chill. Milk until it begins to stiffen and whip in lemon juice. Fold in chilled apricot mixture. Serve with soft custard sauce.

### SOFT CUSTARD SAUCE

1/4 cup sugar  
1/8 tsp. salt  
1 Tbsp. flour  
2 eggs, slightly beaten  
2 cups scalded milk  
1 tsp. vanilla  
Mix sugar, salt and flour together. Add to slightly beaten eggs. Slowly stir in scalded milk. Cook over very low flame or in double boiler, stirring constantly until mixture coats a metal spoon. Remove from heat at once. Stir in vanilla. Chill. Serve this sauce over fruit whips, gelatin desserts, etc.

## Remedial Reading Sessions Slated

Does your child have trouble keeping up with his or may stem from emotional problems or from failure to acquire basic skills essential for reading, says Clarence H. Vetterli, M.A., psychologist and remedial education specialist.

To meet the special needs of second to twelfth graders whose confidence could use bolstering, he will supervise the Summer Session in Remedial Reading to be conducted on a Monday through Thursday basis at the American Institute of Family Relations, 5287 Sunset Blvd., Los Angeles 27.

Vetterli and his staff of accredited teachers stress individual help aimed at developing phonic skills, increased reading speed and concentration. The reading level is assessed by means of testing and parents are drawn into the program through discussion of evaluations and progress reports.

Where there is evidence of emotional conflict, the institute's counseling services are available to both student and parent.

Interested parents may seek further information by writing or telephoning the institute, HOLLYWOOD 5-5131.

## Soup Makes The Introductions At Spring Meals



There is nothing to compare to a bowl of soup as a prologue to dinner. It possesses the remarkable faculty of soothing nerves, stimulating appetites, and encouraging conversation.

A soup course a regular part of your menu. To augment the glory of soup as a starter, add a dash of one of the more unusual herbs or spices, as in this recipe for Herbed Vegetable Soup. Fennel is the secret... and what a wonderful prelude to a spring oriented dinner of broiled lamb chops, parried new potatoes, and fresh asparagus.

**Herbed Vegetable Soup**  
1 can (2 ounces) vegetable dry soup mix  
3 cups boiling water  
Generous dash fennel

In saucepan, stir soup mix into water; add fennel. Partially cover; simmer for 15 minutes, stirring now and then. Makes 3 to 4 servings.

One of the world's rarest spices—saffron—gives canned chicken noodle dry soup mix true regality.

**Chicken Noodle Soup With Saffron**  
1 can (1 1/2 ounces) chicken noodle dry soup mix  
3 cups boiling water  
Generous dash saffron  
Toasted chopped almonds

In saucepan, stir soup mix into water; add saffron. Partially cover; simmer 7 minutes, stirring now and then. Garnish with almonds. Makes 3 to 4 servings.

## Desserts Solve Problems Of Feeding Fussy Eaters

BY BEA WEBB  
Southern California Gas Co.  
Home Economist

When the baby outgrows those wonderful cans and packs of food especially prepared for him, his feeding often presents new problems. New meal time attractions may be needed.

Make dessert a special feature in meals for tots. A pleasing climax to the well eaten meal may be just the thing to stimulate better eating habits.

Desserts like these are especially wholesome for the "little ones" and the rest of the family will enjoy them, too.

### QUICK STEAMED CUSTARDS

2 eggs, slightly beaten  
3 Tbsp. sugar  
1/4 tsp. salt  
1 tsp. vanilla  
1 3/4 cup milk  
nutmeg

Mix all ingredients except nutmeg and pour into 5 oz. cheese glasses. Sprinkle nutmeg over top and cover each with aluminum foil. Place glasses on a folded paper towel in a pan which has a snug fitting lid. Pour cold water into pan to 1/2 height

of glasses. Cover pan. Bring water to boil over top burner. Turn off flame. Allow custards to steam in cov-



BEA WEBB

erred pan 10 to 15 minutes.

### BAKED CUSTARDS

2 cups milk  
2 eggs  
4 Tbsp. sugar  
1/4 tsp. salt  
1 tsp. vanilla  
Scald milk. Beat eggs slightly; add sugar, salt and flavoring. Add scalded

milk slowly. Pour into custard cups and set cups in pan of water. Bake at 325 degrees 40 to 50 minutes.

### PRUNE-LEMON SHERBET

1/4 cup sugar  
2 egg yolks  
1/4 cup light corn syrup  
1 cup milk  
1 cup light cream or milk  
1/4 cup lemon juice  
1 tsp. grated lemon rind  
1 cup cooked, unsweetened prunes (pitted and chopped)  
2 egg whites  
1/2 cup sugar

Set refrigerator temperature control to coldest position one-half hour before making dessert in order to freeze it quickly.

Gradually beat 1/2 cup sugar into egg yolks. Add next 6 ingredients and mix thoroughly. Freeze until firm. Beat egg whites and gradually beat in 1/4 cup sugar. Break frozen mixture in chunks and turn into chilled bowl. Beat fluffy smooth and fold into egg white mixture, working quickly to keep mixture very cold. Return to freezer tray and freeze, stirring occasionally. Reset cold control to normal

## Young America Bakes—Yugoslavian Bread



TRIPLE-SCALLOPED POTECA is an elegant addition to dessert time.

### Loaf Features Nut Filling

Nut-filled Yugoslavian Poteca (pronounced Po-teet-za) is a rich, yeast-raised bread with "old country" goodness. Each slice has a triple-scalloped top, swirly filling and delectable flavor—a nice accompaniment for ice cream or fresh fruit.

If you're new at yeast baking, don't pass up Poteca because of

its elegant good looks. It's easy to turn out a beautifully professional loaf by following the easy directions given here. Try it and see!

**POTECA**  
Makes 2 loaves  
1/2 cup of milk  
1/4 cup sugar  
1 teaspoon salt

1/2 cup (1 stick) Fleischmann's Margarine  
1/4 cup warm water (105°-115°F.)  
2 packages or cakes Fleischmann's Yeast, active dry or compressed  
2 eggs  
3 1/4 cups unsifted flour (about)  
1/2 cup dark brown sugar  
2 cups ground or finely grated pecans or walnuts  
1/2 teaspoon lemon extract  
Confectioner's sugar  
Scald milk; add sugar, salt and 1/4 cup Fleischmann's Margarine; cool to lukewarm. Measure warm water into large warm bowl. Sprinkle or crumble in Fleischmann's Yeast; stir until dissolved. Stir in lukewarm milk mixture, 1 egg and half the flour; beat until smooth. Stir in enough additional flour to make soft dough. Turn out onto lightly floured board and knead until smooth and elastic, about 10 minutes. Place in greased bowl, turning once to grease top; cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Meanwhile, make filling: combine remaining 1/4 cup Fleischmann's Margarine, brown sugar, remaining egg, nuts and extract. Punch dough down, turn out onto lightly floured board; divide in half. Roll 1/2 of dough out into an oblong 20x10 inches. Spread evenly with half of filling. Roll up as for jelly roll, starting from long side. Seal edge firmly. Cut into 3 equal pieces. Place the 3 pieces, side by side, with seam side down, in greased 9x5x3-inch loaf pan. Repeat with remaining dough and filling. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake in moderate oven (375°F) 25 to 30 minutes or until done. Remove from pans and cool on wire rack. Dust with confectioner's sugar before serving.

## Honey Saves Pennies In Salad Dressings

Budget making in the American home has usually been as distasteful as making out tax forms. Maybe it's because so many of us like to live in a "high, wide and handsome way," which coincides with our conception of freedom. But balancing the family account book must be accomplished sooner or later despite sleepless nights and repeated headaches.

Budgets are useful guides when carefully planned, and followed in a way that brings pleasure rather than boredom. A good money management plan should be tailored to fit your living and your wishes, so the question is, what do you want your money to buy for you?

Food, shelter, clothing, transportation and pleasure are all essential, and take their share of the budget. Food is one of the first considerations, so whether you eat at home, eat out, dine in luxury, or eat a snack in a kitchen, food takes its toll of your dollar.

The choice of foods is important for health, wealth and happiness. So it is with individual foods which the homemaker chooses to fit into her plan.

If your sweet tooth demands more than you know it should, think how honey can supply your need. Honey is valuable as a food, it produces energy, is safe and suitable to all ages, keeps well, and has many special uses. You'll find it on the market in various forms.

The budget can well include honey, because of its versatility. Sweeten your meals with honey on bread, on fruit and cereals, in cakes and cookies, in beverages, on meats, use it to flavor vegetables and in salad dressings.

Try one of these dressings

for your next salad and help keep the budget in line.

### HONEY FRENCH DRESSING

1/4 cup honey  
1/4 cup lemon juice  
1/4 cup salad oil  
1/2 cup pear juice  
Few grains salt  
1/2 tsp. celery seed  
1/4 tsp. dry mustard  
Combine ingredients in jar and shake until well blended.

### QUICK HONEY DRESSING ON LETTUCE

1/2 cup salad oil  
1/4 cup vinegar  
1/4 cup honey  
1/4 cup chili sauce  
1 Tbsp. finely cut onion  
Put all ingredients in a bowl — beat well using a tablespoon. Place in jar and shake before serving.  
Cut or shred lettuce and place on individual salad plates. This dressing keeps well in refrigerator.

## Sewing Circles

By BECK SCHAEFFER

When I first started to sew (my husband was putting me through college and we had to save money!) I was scared to death of that crouching monster, the buttonhole attachment. When Mama wasn't available to do my buttonholes, I took the garment to a little shop and willingly paid ten cents per hole.

But when one sews in volume, even this can be quite an expense. So one day, I faced the monster. And I found that it's more like the friendly frog in your garden. It even croaks when you turn the dial! If you have been a little hesitant about the button holer, make it your friend. It will serve you well.

The Singer buttonholer is a well-made little machine, case and brings with it several sizes of templates (the little exchangeable plates which determine size). At a cost of ten dollars, it will pay for itself very quickly.

With an average of six button holes per garment, it should begin to save you money in about a year, if you make clothes just for sturdily built little machines last as long as your stwing machine.

To use the buttonholer, first turn it over and pop open the back. Slip in the size of template you need, and click it closed. In the box, you will find a little cover plate with a screw in it. This goes over the feed teeth in your machine, the needle passing through the hole.

When you have attached this, remove the presser foot and put on the attachment. Here's how: You'll see a two pronged arm pointing

toward the front. Reach behind the needle and bring the buttonholer forward so that the arm slips around the little screw that holds your needle in.

Then lift the attachment slightly with your left hand so that the hole where you removed the presser foot lines up with the hole in the buttonholer (you'll find it clamps around the shank just as your presser foot does).

Use the longer screw provided around a couple of times to get the idea. When you are ready to make your first buttonhole, crank the "tongue" all the way out, slip your material under the needle, and start.

Don't forget to lower the lever as you would if using your regular sewing foot. When all the buttonholes are made, slit them from the back, with scissors or (carefully) with a seam ripper. If you make five or six holes, you've saved half a buck!

**HINT FOR TODAY**  
For shirts an blouses, make your buttonholes at right angles to the edge of the shirt front. They will not pull open with activity.

**NOTE:** Buttonhole attachments may be used on zig-zag machines. I recommend it in fact. Consult your dealer about straight or slant needle attachments.